



## Farm to Preschool



Farm to Preschool is a rapidly expanding family of programs throughout the country. Farm to Preschool is a natural expansion of the national farm to school model and encompasses a wide range of programs and activities. (Information courtesy of the [National Farm to School Network](#))

### Facts

- Preschool children are active learners who experience the world through their senses, physical involvement, active play and from behaviors modeled by adults and peers.
- Farm to Preschool serves the full spectrum of childcare delivery: preschools, Head Start, center-based, programs in K-12 school districts, nurseries and family home care facilities.
- Program components can include the following: sourcing local foods in school snacks and meals; promoting and increasing access to local foods for providers and families; offering nutrition and/or garden-based curricula; school gardening; in-class food preparation and taste testing; field trips to farms, farmers' markets and community gardens; parent workshops; implementing preschool wellness policies which address Farm to Preschool principles; and influencing policies at the local, state or national level.
- Nutrition education at the preschool level can prove instrumental in influencing the development of healthy eating habits while developing kindergarten readiness through hands-on activities in the areas of science, math, art and literacy.

### Resources

- Rutgers University offers curricula that promotes connections between preschools and farms. Click [here](#) to learn more about "From Our Farms: Teaching Kids about Food, Nutrition and the Farm".
- [Local food sourcing](#) information.
- [Publications and Presentations.](#)
- Contact the [New Jersey Farm to School Network](#) for more information.



Provided by: Beth Feehan

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**ShapingNJ**, The State Partnership for Nutrition, Physical Activity and Obesity Prevention  
[www.ShapingNJ.gov](http://www.ShapingNJ.gov)